

ABSTRACT

The present invention provides a method for skin care by orally administering a skin care agent comprising an ingestible carrier and natural-type N-acetylglucosamine obtainable by hydrolysis of chitin with an acid, an enzyme, or an acid and an enzyme, wherein the natural-type N-acetylglucosamine is contained in an amount of from 0.1 to 99.9 % by weight, by which the moisture and tension of skin can be improved and the rough skin and fine wrinkles can be prevented or ameliorated. The skin care agent may be a skin care agent containing chitinoligosaccharide in an amount of from 0.1 to 20 % by weight and natural-type N-acetylglucosamine in an amount of from 0.1 to 99.9 % by weight; or a skin care agent containing collagen peptide in an amount of from 0.1 to 99.9 % by weight and natural-type N-acetylglucosamine in an amount of from 0.1 to 99.9 % by weight.